

In the Claims:Claim 1

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1. (Four Times Amended) A bearing pad assembly comprising:

a first housing having an exterior surface and defining a bore extending at least part-way through said first housing;

a first load bearing member coupled to said first housing, and defining an outwardly facing first abutment surface;

a second housing defining a bore of a shape similar to said exterior surface of said first housing and adapted to slideably receive said first housing therein;

a second load bearing member coupled to said second housing and defining an outwardly facing second abutment surface opposite to said first abutment surface;

at least one slip lining positioned between said first housing exterior surface and a bore wall defining said second housing bore; and

at least one compression spring positioned within said first housing bore, wherein said compression spring comprises a solid resilient material having a torus shape for providing a force resisting compression generally at an increasing rate when progressively compressed, thereby providing a low initial resistance to compression, but a high ultimate resistance to compression in urging said first and second load bearing members away from one another in response to a load being imposed upon at least one of said first and second abutment surfaces.